

# Hip Injury Advice

You have had a fall and have injured your hip. You have been assessed and investigated (including X-rays) as deemed necessary by a doctor or nurse practitioner.

Most cases of hip pain in adults are due to Arthritis. This can be worsened by falls. Where appropriate, a hip injury will be investigated with X-rays, which will usually pick up any fracture. However small proportions do not get picked up on the initial X-ray.

The doctor or nurse practitioner, who has seen you, feels that you have sustained a soft tissue injury or strain of your hip rather than a fracture involving the bone around your hip joint. They believe that your injury doesn't need any further investigation and can be treated with pain killers and exercise.

Things you should do	Things you shouldn't do
<ul style="list-style-type: none"> <li>• Try to rest you hip during the first 24 – 48 hours. After 48 hours try using your leg more.</li> <li>• Use ice packs (frozen peas wrapped in a towel will do), for 15-20 minutes every 2 -3 hours if you can.</li> <li>• Make sure you use a damp towel between the ice and the skin to avoid ice burn.</li> <li>• Take the recommended medication to relieve the pain – this can be bought over the counter from a pharmacy or local shops. Follow the instructions on the packet/bottle carefully.</li> <li>• When going upstairs reduce the strain on your hip by leading with your good leg.</li> <li>• When going downstairs reduce the strain on your hip by leading with your problem leg.</li> <li>• If you have a handrail, use it to help you on the stairs.</li> <li>• You will have been referred to Physiotherapy, and we advise you to keep the appointment</li> </ul>	<ul style="list-style-type: none"> <li>• Try not to have long spells of not moving your hip at all</li> <li>• Don't do heavy lifting or exercising until you have been seen by physiotherapy</li> <li>• Use ice packs <ul style="list-style-type: none"> <li>○ over areas of skin that are in poor condition</li> <li>○ if you have poor sensation to cold</li> <li>○ if you know you have poor circulation.</li> </ul> </li> <li>• Place ice packs directly onto your skin as they can burn.</li> <li>• Leave ice on while asleep</li> <li>• Don't use ice for more than 20 minutes at a time - you won't be helping heal the injury any faster, and you can cause damage to the tissue</li> </ul>

### **Please remember**

If you find that you are unable to bear weight, we advise you to call an ambulance. However, if your pain is worsening or your pain is not getting better in 2 – 3 days, then please attend the Emergency Department at the Grange University hospital (not Minor injury unit) for further assessment.

### **What exercises should I do?**

We suggest that you should rest as much as possible for no more than 2 days and after this gentle walking around the house will help. Please wear flat shoes and avoid standing for too long. On the next page you will find some gentle exercises to do.

**Begin these flexibility exercises as soon as you can** - provided they don't cause excessive pain – as they are designed to mobilise the joint, strengthen your muscles and so help you back to full function, flexibility and strength of your hip. The repetitions and sets

are a guideline, add an extra 1 or 2 repetitions every few days as long as you feel comfortable. Try and do all these exercises 3 – 4 times a day.

### **How to tell if you're exercising at the right level**

When doing exercise you should listen to your pain levels, especially in the early stages. You may find that these exercises increase your symptoms slightly in the beginning. However, they should get easier over time. It can be helpful to rate your pain out of 10 (0 being no pain and 10 being the worst pain you have ever had), for example:

**Green** 1 to 3 - mild pain

**Amber** 4 to 6 – moderate pain

**Red** 7 to 10 - severe pain

Aim to keep your pain within a rating of 0 to 5. If your pain gets above this level, you can change the exercises by:

- reducing the number of times, you do a movement
- reducing the speed of a movement
- increasing rest time between movements

**If you are at all concerned about your injury, please contact the relevant**

**Emergency Department: Grange University Hospital: 01633 493287**

**Or Minor Injury Unit (MIU):**

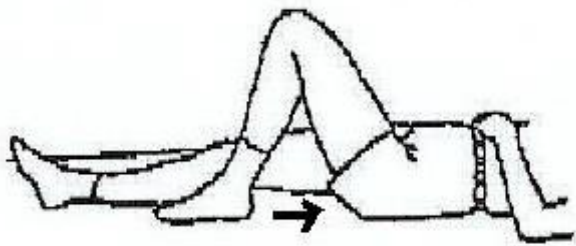
**Royal Gwent Hospital: 01633 234056**

**Nevill Hall Hospital: 01873 732073**

**Ysbyty Ystrad Fawr (YYF) MIU 01443 802353**

**Ysbyty Aneurin Bevan (YAB) MIU: 01495 363318**

### Exercise 1: Lying knee bend



With both knees straight, slowly bend your knee on the same side as your sore hip by sliding your foot along the floor or bed towards you as far as is comfortable. Hold for 3 seconds then slide your foot back down. Repeat 10 times

### Exercise 2: Lying knee lift

With your back straight, knees bent and feet on the floor, lift the knee on the same side as your sore hip towards your chest and place your hands on top of or behind the knee and pull it into your chest

Hold for 3 seconds then return your foot to the floor. Repeat 10 times



### Exercise 3: Side leg raise – do this standing up

It's important to keep your back straight throughout this exercise. Using a chair or table for support, lift the leg on the side of your sore hip out to the side as far as is comfortable. Return your leg to the floor. Repeat 10 times

### Exercise 4: Backward leg raise - do this standing up

It's important to keep upright throughout this exercise. Hold onto a chair or table for support.

Keep your knee straight and lift the leg on the side of your sore hip back as far as is comfortable.

Return your foot to the floor. Repeat 10 times



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### What should I take for Pain?

Painkillers, such as **Paracetamol**, are useful to ease pain, but it is best to take them regularly for a few days or so rather than every now and then. They can be bought over the counter from a pharmacy or local shops. Make sure you don't take any other product containing Paracetamol.

If Paracetamol doesn't help at all despite taking the recommended dose then try changing to Ibuprofen 400 mg three times a day. You can also take both drugs – speak to a pharmacist about the best way to do this. If you have been advised not to take Ibuprofen in the past or are on any blood thinning tablets then avoid Ibuprofen.

**With all medication it is essential that you follow the instructions on the packet or bottle carefully**

**Anti-inflammatory painkillers** (like ibuprofen) relieve pain and may also limit inflammation and swelling, however if you are pregnant or trying to get pregnant you shouldn't use them. Side effects sometimes occur with anti-inflammatory painkillers - stomach pain and bleeding from the stomach, are the most serious. Some people with asthma, high blood pressure, kidney failure or heart failure may not be able to take them either. You can buy Ibuprofen at pharmacies both in tablet and gel form. There is less risk of side-effects with the gel, however, the amount of the drug that gets into the bloodstream is much less than with tablets and it is important that you use enough gel.

**If you are concerned about your progress, or if you have not improved in 2-3 days, we advise you to attend the Emergency Department at the Grange University hospital (not minor injury unit). If there is improvement and you need advice on exercise contact the Physiotherapy department as below.**

Physio self-referral link: [abuhb.nhs.wales/hospitals/a-z-of-services/physiotherapy/bone-joint-muscle-physiotherapy-services-musculoskeletal](https://abuhb.nhs.wales/hospitals/a-z-of-services/physiotherapy/bone-joint-muscle-physiotherapy-services-musculoskeletal)  
If you are unable to do this electronically you should call 01495 768715 between 8.30am and 4.00pm Monday to Friday.

### References:

<https://www.nhs.uk/conditions/osteoarthritis/treatment/>

<https://cks.nice.org.uk/topics/analgesia-mild-to-moderate-pain/#!scenario>

Exercises for the hips | Versus Arthritis

Hip problems - Muscle, bone and joint injuries | NHS inform